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## YOGA

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+91 422 2515300

[info@ishayoga.org](mailto:info@ishayoga.org)

## Shoonya Intensive at Isha Yoga Center | Isha Yoga

For those who wish to go deeper, ***Shoonya Intensive*** is a refined and intensive, advanced program designed by Sadhguru.

The program combines the dynamic ***Shakti Chalana Kriya*** (a set of powerful, purifying practices to enhance the flow of one's vital energy) and ***Shoonya Meditation***, an effortless process of conscious non-doing. Together, these practices stimulate the release of physical, mental and emotional blocks and lead to a deep sense of inner wellbeing.

As all Isha Yoga offerings, these techniques are purely based on yogic science, and thus are suitable for anyone, regardless of one's religion, ethnicity, social background, age, or gender.

This program is open to those who have been initiated into Shambhavi Mahamudra.

Shoonya Intensive is conducted as a 4-day residential program at the Isha Yoga Center, Coimbatore, Tamil Nadu, India, and at the Isha Institute of Inner-sciences, McMinnville, Tennessee, USA.

## Upcoming Shoonya Intensive Programs

*“Once the stillness comes into your life, then the mind also becomes absolutely still. When your mind becomes still, your intelligence explodes.”*

*- Sadhguru*